Ontario

Broccoli & Cauliflower

Ministry of Agriculture and Food
ONTARIO

Grown in Ontario with markets close at hand, this delicately flavoured duo fits in perfectly with today's fast, healthy lifestyle. Broccoli and cauliflower can be transformed into delicious meals in minutes. And with nutrition a top priority, these vegetables should head your shopping list. They add fiber, vitamins A and C and calcium to the diet. As well, they are low in fat, calories and sodium.

Buying and Storing

Fresh, locally grown cauliflower is first to arrive in the marketplace in June; broccoli follows in July. Both are available until November.

Here's how to bring out the best in these vegetables:

Cauliflower

Look for creamy white heads of tightly closed florets, with fresh green leaves. Size does not affect the tenderness or flavour of this vegetable. Brown spots on white cauliflower are probably only water marks but spots on yellowish cauliflower indicate old age. Cauliflower can be stored, unwrapped, in the refrigerator crisper for 3 to 5 days.

A medium-size head weighs about 1-1/2 lb (750 g) and will serve 4 to 6 people.

Broccoli

Choose broccoli with a crisp, uniform green head and tight clusters. Avoid any with yellow florets. Stems should not be too thick. Broccoli will stay fresh 3 to 5 days when stored in a perforated plastic bag in the refrigerator crisper.

One pound (500 g) yields 4 servings.

Preparing

To prepare broccoli and cauliflower, remove the outer leaves, trim the stem(s) and wash. Break cauliflower into florets or leave whole. Divide broccoli into spears and peel stalks to ensure tenderness.

Cooking

The delicate flavour and tender-crisp texture of broccoli and cauliflower are best highlighted by cooking methods based on minimum water and time. Steaming, stir-frying, boiling and microwaving are ideal and, as these methods use little or no fat, they complement the nutritious nature of broccoli and cauliflower.

Notes on Microwaving

1. Whole Cauliflower: Wrap prepared head of cauliflower in plastic wrap; place, sealed edges down, on microwave-safe serving plate. Microwave at High for 3 minutes. Turn cauliflower over. Microwave at High for 3 minutes, or until tender. Let stand, covered, 3 minutes.

2. Broccoli Spears: Pour 1/2 cup (125 mL) water into 12 × 8-inch (30 × 19 cm) microwave-safe baking dish. Arrange prepared spears with heads toward center of dish. Cover with plastic wrap. Microwave at High for 8 to 10 minutes until stalks are fork tender, rotating dish halfway through cooking time. Let stand, covered 2 to 3 minutes.

BROCCOLI Pizza

(FEATURED ON COVER) Either make your own pizza dough or buy the ready made uncooked rounds of plain pizza dough available at most supermarkets. One serving of Broccoli Pizza is an excellent source of calcium, iron, vitamins A and C, the B vitamins and dietary fiber.

1	**12-inch (30 cm) pizza dough round**	**1**
1	**can (7-1/2 oz/213 mL) tomato sauce**	**1**
1/2 tsp	**dried oregano**	**2 mL**
1/2 tsp	**dried basil**	**2 mL**
8	**mushrooms, sliced**	**8**
1	**small onion, sliced**	**1**
3 cups	**small Ontario Broccoli florets**	**750 mL**
1/2	**red pepper, cut into julienne strips**	**1/2**
2-1/2 cups	**grated mozzarella cheese**	**625 mL**

Place pizza dough on baking sheet. In small bowl, combine tomato sauce, oregano and basil and mix well; spread over pizza dough. Arrange mushrooms, onion, broccoli and red pepper on top. Sprinkle evenly with grated cheese. Bake in 475°F (250°C) oven for 12 minutes. Makes 4 servings.

Preparation Time: 15 minutes
Baking Time: 12 minutes
Calories/Serving: 584

CAULIFLOWER with Fresh Tomato Sauce

Cauliflower with tomato sauce is a tangy fresh change from the usual cheese sauce. A serving provides an excellent source of vitamin C, plus significant amounts of vitamin A and dietary fiber.

1	**head Ontario Cauliflower, cut into florets**	**1**
2 tbsp	**butter**	**25 mL**
3	**medium tomatoes, chopped**	**3**
1/4 cup	**chopped onion**	**50 mL**
1/2 tsp	**granulated sugar**	**2 mL**
1/4 tsp	**dried basil**	**1 mL**
1/4 tsp	**salt**	**1 mL**
1/8 tsp	**pepper**	**0.5 mL**

Steam or cook cauliflower in boiling water for 5 to 6 minutes or until tender crisp. Drain and place in serving bowl.

Meanwhile, in medium skillet over medium heat, melt butter. Stir in tomatoes, onion, sugar, basil, salt and pepper. Bring to boil and simmer 5 minutes, stirring occasionally, until thickened. Spoon over cauliflower. Makes 4 to 6 servings.

Preparation Time: 10 minutes
Cooking time: 10 minutes
Calories/Serving: 80 to 120

Quick Hints

Dressed Up
Sauté a chopped onion in butter, add lemon juice and either chopped peanuts or coarse-grained mustard or crumbled cooked bacon and breadcrumbs; drizzle over cooked broccoli or cauliflower.

Fast Sauce
Heat equal parts of light mayonnaise, yogourt and grated cheese until cheese melts. Season with Dijon mustard and pepper to taste. Serve over cooked broccoli or cauliflower.

Simple Soup
Make a low calorie, nutritious soup by simmering florets of cauliflower and broccoli, grated carrot and chopped green onion in chicken broth; season with grated ginger and soy sauce.

CAULIFLOWER and Ham Gratin

Ham and cauliflower are a wonderful taste combination. In this recipe, dill gives extra flavour and green pepper adds colour and crunch. A serving provides an excellent source of vitamin C, plus significant amounts of calcium, thiamin and niacin to the diet.

1/2	**head Ontario Cauliflower, cut into florets**	**1/2**
1/4 lb	**cooked ham, cut into 2 × 1/4-inch (5 × 1 cm) strips**	**125 g**
1/2	**green pepper, coarsely chopped**	**1/2**
3 tbsp	**butter**	**40 mL**
2 tbsp	**all-purpose flour**	**25 mL**
1 cup	**milk**	**250 mL**
1/4 cup	**grated Parmesan cheese**	**50 mL**
1/4 cup	**grated Swiss cheese**	**50 mL**
1/4 cup	**chopped fresh dill (or 2 tsp/ 10 mL dried dill weed)**	**50 mL**
	freshly ground pepper	
1/3 cup	**fine bread crumbs**	**75 mL**

In greased 9-inch (23 cm) baking dish, combine cauliflower, ham and green pepper.

In small saucepan over medium heat, melt 2 tbsp (25 mL) butter. Stir in flour. Gradually add milk. Bring to boil, stirring constantly, until thickened and smooth. Add cheeses, dill and pepper, stirring until cheeses have melted. Pour over contents of casserole. Sprinkle bread crumbs over top. In small pan over medium heat, melt remaining butter. Drizzle over bread crumbs. Bake in 375°F (190°C) oven for 25 to 30 minutes or until bubbling and golden brown. Makes 3 to 4 servings.

Preparation Time: 25 minutes
Baking Time: 25 to 30 minutes
Calories/Serving: 256

FOODLAND ONTARIO

BROCCOLI Pork Stir-Fry with Hoisin Sauce

Bottled hoisin sauce is available in the oriental food section of many supermarkets and is very reasonably priced. It keeps for months in the refrigerator and adds a wonderful flavour to stir-fries. A serving of this recipe is an excellent source of iron, vitamins A and C, thiamin, niacin and fiber, plus adds significant amounts of calcium and riboflavin to the diet.

1	pork tenderloin (about 8 oz/250 g)	1
2 tbsp	brandy or sherry	25 mL
1 tbsp	soy sauce	15 mL
1 tbsp	cornstarch	15 mL
1	clove garlic, minced	1
2 tbsp	hoisin sauce	25 mL
1/3 cup	water	75 mL
3 tbsp	vegetable oil	40 mL
1	large onion, sliced	1
1	small bunch Ontario Broccoli, cut into 1-inch (2.5 cm) pieces	1
1	red pepper, cut into julienne strips	1

Cut pork into thin slices across grain. In glass mixing bowl, combine brandy, soy sauce, cornstarch and garlic. Stir in pork. Let stand for 30 minutes. In small bowl, mix hoisin sauce with 2 tbsp (25 mL) of water; set aside.

In wok or large frying pan over medium-high heat, heat oil. Add pork and stir-fry for 2 minutes. Add onion and stir-fry for 1 minute. (If mixture sticks to bottom of pan, add some of remaining water.) Add broccoli and red pepper; stir-fry for 1 minute. Add remaining water and stir-fry for 1 minute. Add hoisin mixture and cook until broccoli is tender crisp. Serve over noodles. Makes 4 servings.

Preparation Time: 15 minutes
Cooking Time: 6 to 8 minutes
Calories/Serving: 417

Marinated VEGETABLE Salad

Cooked ham, pasta or cheese can be added to this make-ahead salad for a more substantial dish. Without the additions, a serving provides an excellent source of vitamins A and C, and dietary fiber.

Salad:		
2 cups	Ontario Cauliflower florets	500 mL
2 cups	Ontario Broccoli florets	500 mL
8	medium brussels sprouts, quartered (1/4 lb/125 g)	8
12	small mushrooms	12
6	cherry tomatoes	6
3	green onions, chopped	3
2	medium carrots, cut into julienne strips	2
1	stalk celery, chopped	1
Dressing:		
3/4 cup	vegetable oil	175 mL
1/4 cup	white wine vinegar	50 mL
2 tbsp	chopped fresh parsley	25 mL
1	clove garlic, minced	1
1 tsp	dried basil	5 mL
1 tsp	dried oregano	5 mL
1/2 tsp	dry mustard	2 mL
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL

In large glass bowl, combine all salad ingredients.

In jar with tight-fitting lid, combine all dressing ingredients. Shake well. Pour over salad and toss well. Cover and chill for 24 hours, stirring occasionally. Makes 6 servings.

Preparation Time: 25 minutes
Chilling Time: 24 hours
Calories/Serving: 291

Hearty BROCCOLI Soup

Lots of fresh vegetables in a creamy herb broth make a main course soup when served with salad and crusty bread. A soup serving is an excellent source of calcium, vitamins A and C, fiber and provides significant amounts of iron and riboflavin to the diet.

2 tbsp	butter	25 mL
2	medium carrots, sliced	2
1	medium onion, chopped	1
1/2 cup	chopped celery	125 mL
3 cups	Ontario Broccoli florets	750 mL
3 tbsp	all purpose flour	50 mL
3 cups	milk	750 mL
1/2 tsp	dried thyme	2 mL
1/2 tsp	salt	2 mL
1/2 cup	grated Cheddar cheese	125 mL

In large saucepan over medium heat, melt butter. Sauté carrots, onion and celery for 2 minutes. Add broccoli and sauté 3 minutes longer. Blend in flour. Gradually stir in milk. Add thyme and salt. Cook, stirring occasionally, until soup comes to boil. Simmer 2 minutes longer. Spoon into soup bowls and sprinkle with cheese. Makes 4 servings.

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Calories/Serving: 274

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